

State Baptist ...

(Continued from Page One)

reason for this grand occasion as was stated by the sponsor, Mrs. Alma Johnson. After remarks by the Rev. Jackson (pastor), expressions were given by the members of the group. The honoree, Mrs. M. C. Curtis, first vice president of the Woman's Convention, gave the first speech. A lovely song service followed and the group departed for various points after a beautiful rendition of "God Be With You Till We Meet Again."

Among the guests present were the honoree, Mrs. M. C. Curtis, 1st vice president of the Woman's Convention;

Rev. and Mrs. J. W. Gayden, president of the State Sunday School and BTU Congress, and president of the State Ministers and Deacons wives;

Mrs. C. L. Johnson of Canton, Miss., president of Madison County Woman's Association;

Rev. P. F. Parker of Canton, Miss., president of Madison County Sunday School and BTU Congress;

Mrs. L. K. Knapper of Natchez, Miss., assistant secretary of the State Sunday School and BTU Congress;

Rev. C. H. Moreland of Belzoni, Miss., missionary of the General Baptist State Convention;

Mrs. Mildred Fletcher, of Natchez, Miss., leader of the Young

People of Adams County;

Rev. B. T. Miles of Yazoo City, Miss., president of Yazoo County Brotherhood Association;

Mrs. Julia M. Taylor of Indianola, Miss., pianist of the State Sunday School and BTU Congress and Woman's Convention;

Rev. G. D. Daniel of Yazoo City, Miss., treasurer of Yazoo County Brotherhood Association;

Rev. S. M. Johnson, of Canton, Miss., vice president of Madison County Sunday School and BTU Congress;

Mr. Ross E. Sims of Yazoo City, director general of Yazoo County Sunday School and BTU Congress;

Mrs. Pett Lewis, leader of Yazoo County Junior Song Leaders Convention and the assistant leader, Mrs. Lillie M. Harris;

Mrs. Angus Lear of Yazoo City, Miss., president of Yazoo County Ushers Convention;

Rev. W. C. Mazique of Natchez, Miss., treasurer of the general Baptist State Convention;

Rev. L. D. Woodley of Natchez, Miss.;

Mrs. Rosa Mosely, of Yazoo City, Miss., County Teacher;

Mrs. Clara Simmons of 1512 E. 49th St., Los Angeles, Calif.;

Mrs. Virginia Scott, Yazoo City, Miss., Yazoo County Teacher;

Mrs. Lucille Steward, Yazoo City, Miss., chairman of the National Young People's Tea;

Mrs. John Dozier of Jackson, Miss., president of Greater Clark Street Woman's Missionary Society;

Rev. and Mrs. B. L. Thomas of Vicksburg, Miss.; Mrs. A. A. Cosoy of Vicksburg, Miss., treasurer of the Woman's State Convention;

Rev. L. D. Field of Moorhead, Miss. (Mr. Otha Smith also);

Rev. and Mrs. C. L. Clark of Lexington, Miss.;

Mr. and Mrs. C. M. Varnado of Canton, Miss., treasurer of the State Sunday School and BTU Congress;

Tan Topics by NEWKIRK



Success Comes Easy To Jackie

Congress;

Mrs. Lendra Powell, Mamie Bodie, Fannie Tatum, Dora Minor, S. D. Freeman, Purnella Scott, B. M. Miller, M. A. Green;

Mrs. Roxie Wood, treasurer of Adams County Association; Mrs. Evelyn Fisher, president of the Woman's Missionary Society of Union Baptist Church;

Mrs. I. A. Washington, president of the Union Baptist Church Choir, all of Natchez, Miss.;

Rev. W. W. Smith, Rev. L. L. Miller of Natchez;

Rev. L. C. Wilcher of Jackson, Miss., state and national director of Christian Education;

Rev. J. D. Thurmon of Belzoni, Miss.;

Miss Rosie L. Smith of Yazoo City;

Mrs. R. V. Prichard of Canton, Miss., secretary of the State Sunday School and BTU Congress.

Upon finding that Yazoo County had 13 students enrolled in Natchez College, the guests, upon suggestion from Mrs. Lucille Steward, gave the sum of \$50.00 to be sent to these students.

Mrs. Johnson presented and thanked the following persons for their assistance in providing for this gala affair: They were Mrs. Lillie Handy, Myrtle Stutts, Magnolia Green, Gabire Hogue, Thos. Singleton, L. E. Singleton, Minnie Hogue, Robert Hogue, Charlie Spyes, Miss Plessie M. Ellis, Mrs. Cynthia Steward, and Irola Williams, and Mrs. Mary Pinkston of Yazoo City and Mrs. J. L. Steward.

In our hearts we still say "Thank you Mrs. Johnson for a job well done."

(Mrs.) J. L. Steward, reporter

Tips On Vitamin "C"

How to step up the vitamin C in family fare is worth the consideration of many homemakers, because this day, is apt to be needed every day, is apt to be short in American diets. The recent U. S. Department of Agriculture's household food consumption survey showed that one family in every four was not getting enough vitamin C.

To make sure of enough vitamin C, it's worth knowing which foods rate high in this vitamin. Most people know that citrus fruits are rich sources. An orange or a half grapefruit a day can supply the full daily quota.

Though unfavorable weather in Florida this winter has affected the supply and price of some fresh and processed citrus, canned grapefruit and citrus combination juices are expected to continue selling at reasonable prices.

Many vegetables as well as fruits may be counted on to contribute this vitamin. Many green leafy vegetables contain large amounts of Vitamin C, especially the deep green leaves—spinach, kale and collards, if properly cooked.

Canned tomatoes and tomato juice are notably inexpensive sources of this vitamin in the year around. Potatoes, sweet potatoes and cabbage are good buys for vitamin C much of the year.

Vitamin C is the most fragile of vitamins. Because it can be destroyed by exposure to air and is soluble in water, careful preparation and cooking are necessary to save it.

Here are some vitamin-C-saving suggestions from nutritionists: Try to pare or cut up vegetables just before you cook them, because the longer their cut surface is exposed to air, the more C is lost. Cook vegetables only until just tender and in as small a quantity of water as possible.

Remember that boiling potatoes in the skins saves vitamin C as well as time, and that generally each time you reheat a vegetable, more of the vitamin is lost. As much as possible, use vegetables raw in salad or as relishes, and serve them while they're fresh and crisp.

Emphasis on vitamin C is important, say the nutritionists, not only because many families have too little, but also because several trends in American eating patterns are leading toward lower intakes. We're eating fewer potatoes, which have been an important source of C in American meals, and we're eating less cabbage. Home gardening is not as common as it was 10 years ago—thus families are not eating as many fresh, succulent young vegetables at the peak of their vitamin C content.

Though figures show that tomato consumption is up, it is up in the increasing quantities of catsup, chili sauce, tomato paste and tomato paste and tomato sauces we're using. All those processed products contain some vitamin C, but usually in such small quantities that they contribute little to the diet.

New Law Favors Handicapped Children Of Deceased Vets

Washington, D. C., Oct. 20.—Handicapped children of deceased war veterans have been given two "breaks" by an amendment to the War Orphans Education program, recently signed into law by the President.

Veterans Administration today explained them this way:

First, the new law now allows

Tips On How To Select The Right Kind Of Freezer

Whenever women are talking about home freezers, the discussion is sure to turn to the relative advantages of the chest, and the upright types. Pretty soon the group will be arguing away like a high school debating team, and it would be difficult to pick the winner because there are so many good points about each type.

Seriously speaking, food packages are more accessible in the upright type, though if the freezer is heavily loaded and not packed systematically, it can be something of a job to locate and remove a certain package from any freezer.

The chest-type freezer scores a point when placed in the kitchen (the best place for any freezer) because its flat top can be used as a working surface. Not to be outdone, the upright can truthfully say that it occupies less precious space in the kitchen.

Freezing Speed As for which freezes faster, we must say that if the shelves of the upright are refrigerated that is, having coils in them or on their undersides, the upright speeds the freezing process because packages are in more direct contact with the coils.

Operating Costs When it comes to cost of operating the two types, we have learned that there is not a great deal of difference, if the freezers are well located and wisely managed. The best location is a dry cool, well-ventilated area. This will help to keep down excessive frosting which adds to operating costs. Frequent turnover of the contents of the freezer decreases the cost per pound of operating.

Important Points No matter which type you have, or plan to buy, here are some important points to remember if you want satisfaction from your freezer:

Food is no better after it is frozen than it was before freezing. Select your best meats, vegetables and fruits at the peak of their perfection.

Air is the destroyer of flavor and texture of frozen foods. Seal it out carefully. Study the instructions furnished by the manufacturer of your freezer. You will learn from them how many pounds of unfrozen food to put in at one time. If you overload the freezer with unfrozen food, you may cause a dangerous change of temperature in the cabinet, affecting the foods already stored there.

Conclusions The use of a freezer varies with the person using it and the family it serves. For this reason, no hard and fast rules can be laid down. What type freezer for you depends on what you want for yourself and family.

But no matter which type freezer you choose, if you do choose one you will stretch your harvest season.

young men and women with handicaps to begin special types of War Orphans training when they reach age 14. Previously they generally had to wait until their eighteenth birthday to begin.

Types of training they can take at age 14 are special restorative training (such as Braille reading, lip reading or other courses designed to overcome handicaps) or special vocational training.

Second, the law now authorizes VA to approve the enrollment of handicapped young people in rehabilitation centers offering special training. Included are centers operated by State or local governments or by private agencies.

These enrollments were not originally provided for under the program.

War Orphans Education is for the sons and daughters of World War I, World War II or Korea veterans who died in military service or from service-connected conditions after their discharge.

Usually, the schooling is for young men and women from 18 to 23. While in school, War Orphans students received VA allowances of up to \$110 a month.

Full details about War Orphans Education, as well as about the advantages now available to handicapped students, are available at any VA office.

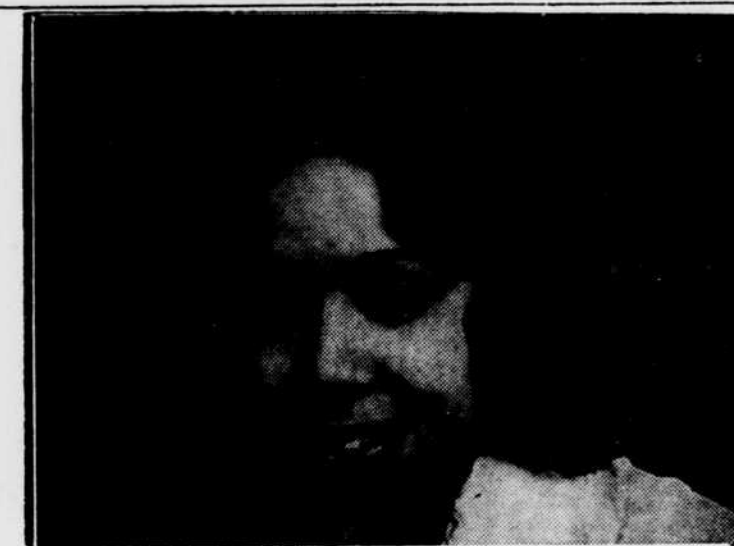
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Greenville has been assured a 200-employee industry. The Mosow Srew Company manufacturers machine screws, rivets, and other small metal parts and will move its equipment and key personnel from Waukegan, Illinois.

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hometown girl, Freda, they have four children, whom Jackie talks to nightly by phone wherever he may be appearing.

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